

Full Report (All Nutrients) 09107, Gooseberries, raw

Report Date: June 30, 2017 06:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 150g
Proximates					
Water	g	87.87	15	0.376	131.81
Energy	kcal	44	--	--	66
Energy	kJ	184	--	--	276
Protein	g	0.88	2	--	1.32
Total lipid (fat)	g	0.58	1	--	0.87
Ash	g	0.49	5	0.035	0.73
Carbohydrate, by difference	g	10.18	--	--	15.27
Fiber, total dietary	g	4.3	--	--	6.5
Minerals					
Calcium, Ca	mg	25	5	2.966	38
Iron, Fe	mg	0.31	5	0.028	0.47
Magnesium, Mg	mg	10	4	1.382	15
Phosphorus, P	mg	27	5	1.589	40
Potassium, K	mg	198	6	12.360	297
Sodium, Na	mg	1	1	--	2
Zinc, Zn	mg	0.12	3	0.003	0.18
Copper, Cu	mg	0.070	5	0.008	0.105
Manganese, Mn	mg	0.144	4	0.010	0.216
Selenium, Se	µg	0.6	--	--	0.9
Vitamins					
Vitamin C, total ascorbic acid	mg	27.7	11	1.380	41.5
Thiamin	mg	0.040	--	--	0.060

Nutrient	Unit	1	Data points	Std. Error	1 cup 150g
		Value Per100 g			
Riboflavin	mg	0.030	--	--	0.045
Niacin	mg	0.300	--	--	0.450
Pantothenic acid	mg	0.286	--	--	0.429
Vitamin B-6	mg	0.080	1	--	0.120
Folate, total	µg	6	--	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	9
Folate, DFE	µg	6	--	--	9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	15	--	--	22
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	290	--	--	435
Vitamin E (alpha-tocopherol)	mg	0.37	--	--	0.56
Lipids					
Fatty acids, total saturated	g	0.038	--	--	0.057
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.019	--	--	0.029
18:0	g	0.013	--	--	0.019
Fatty acids, total monounsaturated	g	0.051	--	--	0.076
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.051	--	--	0.076
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.317	--	--	0.475
18:2 undifferentiated	g	0.271	--	--	0.407
18:3 undifferentiated	g	0.046	--	--	0.069
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 150g
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Flavonoids					
Anthocyanidins					
Cyanidin 3 4	mg	8.73	18	1.23	13.10
Delphinidin 3	mg	0.0	14	0.01	0.0
Peonidin 3 4	mg	0.8	17	0.39	1.2
Flavan-3-ols					
(+)-Catechin 5	mg	1.7	4	0	2.5
(-)-Epigallocatechin 5	mg	0.0	4	0	0.0
(-)-Epicatechin 5	mg	0.0	4	0	0.0
(-)-Epicatechin 3-gallate 5	mg	0.0	4	0	0.0
(-)-Epigallocatechin 3-gallate 5	mg	0.0	4	0	0.0
(+)-Gallocatechin 5	mg	0.4	4	0	0.7
Flavones					
Apigenin 6	mg	0.0	2	--	0.0
Luteolin 6	mg	0.0	2	--	0.0
Flavonols					
Kaempferol 6 7	mg	0.9	4	0.51	1.3
Myricetin 6 7	mg	0.0	4	0	0.0
Quercetin 6 7	mg	1.2	4	0.49	1.8
Isoflavones					
Daidzein 8	mg	0.00	1	--	0.00
Genistein 8	mg	0.00	1	--	0.00
Total isoflavones 8	mg	0.00	1	--	0.00
Proanthocyanidin					
Proanthocyanidin dimers 1 2	mg	1.7	8	0.66	2.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 150g
Proanthocyanidin trimers 1 2	mg	1.4	8	0.97	2.2
Proanthocyanidin 4-6mers 1 2	mg	4.8	8	1.74	7.1
Proanthocyanidin 7-10mers 1 2	mg	4.7	8	2.81	7.1
Proanthocyanidin polymers (>10mers) 1 2	mg	68.9	8	31.09	103.3

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